



Humboldt City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Humboldt City School System in February 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Humboldt City School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include the wellness and nutrition policies, 90 minutes of physical activity/physical education per week, no carbonated beverages in schools, no outside breakfast, no parties involving food before 1:00 PM, no food in the classrooms except breakfast and pre-approved parties after 1:00, all fundraisers should avoid food products. If food is involved, pre approval is required. The mental health policy was strengthened to include MOU's with local mental health agencies.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$122,097.

Community partnerships have been formed to address school health issues. Current partners include:

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|--------------------------------------------------------|--------------------------------------|
| ➤ American Cancer Society | ➤ Flowers of Distinction |
| ➤ TenderCare | ➤ Humboldt Police Department |
| ➤ Subway | ➤ Humboldt Fire Department |
| ➤ Department of Health | ➤ Humboldt Area Rescue Squad |
| ➤ Humboldt Ministerial Association | ➤ Emergency Medical Services |
| ➤ Humboldt Exchange Club | ➤ Air Evac |
| ➤ Helping Hands | ➤ Tennessee Highway Patrol |
| ➤ Citizens of Action | ➤ Gibson County Sheriff's Department |
| ➤ County Health Council | ➤ <i>Humboldt Chronicle</i> |
| ➤ TNCEP | ➤ <i>The Jackson Sun</i> |
| ➤ Interagency | ➤ WBBJ |
| ➤ Northwest Tennessee Commission on Children and Youth | ➤ Humboldt Public Utilities |
| ➤ Humboldt Public Library | ➤ Kappi's |
| ➤ Humboldt Junior Auxiliary | ➤ Humboldt Housing Authority |
| ➤ Jason Foundation | ➤ Volunteer USA Foundation |
| ➤ Right Choices | ➤ UT Extension |
| ➤ Tennessee Technology Center | ➤ Family Resource Center |
| ➤ Dyersburg Pediatric Dentistry | ➤ City Gift Company |
| ➤ All Occasions | ➤ Bonnie's Boutique |
| ➤ Kathy's Flowers | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including mock DUI crash (5), healthy school teams (30), and Strawberry Festival 5K participation (1)

Students have been engaged in CSH activities including mock crash drama team (6), the Teen Trendsetters Reading Mentor program (80), healthy school teams (12), Grim Reaper program (15), and Positive Peer Pressure (8)

School Health Interventions

Since CSH has been active in the Humboldt City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – School Health Screenings: 10,425 and Referrals to Health Care providers: 1,058

Students have been seen by a school nurse and returned to class – students seen by a school nurse: 3,322. Returned to class: 2,958

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

	2007-2008	2008-2009	2009-2010	2010-2011	Average for four years
Overweight	18.3%	19.3%	14%	17%	17%
Obese	28.5%	26.8%	25%	24%	26%
Total:	46.8%	46.1%	39%	41%	43%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Fitness room equipment, Wii's, various P.E. equipment, food service carts, health screening equipment, and balance balls for a pilot classroom.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: Coordinated School Health, suicide prevention, asthma, diabetes, physical activity in the classroom, poverty simulations, bloodborne pathogens and universal precautions, child abuse, diversity training, bullying prevention, staff wellness, gender equity, and CPR and First Aid training.

School faculty and staff have received support for their own well-being through free health screenings including blood pressure, bone density, BMI, heart rate, and cholesterol, staff fitness centers, Weight Watchers at Work, Biggest Loser competition, holiday weight loss

competition—Hold the Stuffing, No Teacher Left Behind, Registered Dietician consultations, weekly fitness classes, and spa days.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Go Girl Go, dental screenings, Registered Dietician nutrition education, Right Choices, mock DUI crash, and health screenings;
- Physical Education/Physical Activity Interventions – Fitness rooms, physical activity professional development, ballroom dance program, and student marathon;
- Nutrition Interventions – removal of all vending in elementary and middle schools, removal of all food vending in high school, wellness policy updates, USDA Fresh Fruit and Vegetable grant, weekend backpack program, and Farmer's Market;
- Mental Health/Behavioral Health Interventions – mental health policy developed and implemented, parenting and prenatal classes, Olweus Bullying Prevention program, Teen Trendsetters Reading Mentor program, and positive peer pressure.

In such a short time, CSH in the Humboldt City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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